

# Maternal Mental Health Community Resources List

## Postpartum Support International (PSI) Warmline and Website

The PSI Warmline is a toll-free telephone number anyone can call to get basic information, support and resources. Dial extension 1 for Spanish and extension 2 for English. The Warmline messages are returned every day of the week. You can leave a confidential message any time and a volunteer will return your call as soon as possible.

**1.800.944.4773**

[www.postpartum.net](http://www.postpartum.net)

## Counseling Services

- To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
- If you are covered by Medicaid call your County Medicaid Mental Health Services Access line.

**Santa Barbara County: 1.888.868.1649**

**San Luis Obispo County: 1.800.838.1381**

## In an Emergency

National Suicide Prevention Hotline and Website

**1.800.273.8255**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationally; available 24/7.

## 211 for Santa Barbara County

Dial 2-1-1 or text your zip code to 898-211 to find Health and Human Services including:

- Postpartum Depression
- Health Care
- Counseling
- Food Assistance
- Housing
- Parenting Resources

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## Santa Maria Community Resources/ Recursos de la Comunidad de Santa Maria

|  |                       |
|--|-----------------------|
| <b>Emergency 24 Hours Hotlines/<br/>Servicios de Emergencia las 24 Horas</b>   | <b>911</b>            |
| <b>24 Hour Helpline/Linea de Ayuda las 24 Horas</b>  | <b>211</b>            |
| <b>California Postpartum Support Warmline/<br/>Línea telefónico de Apoyo Postparto</b>                                 | <b>1.855.227.7462</b> |
| <b>CARES Mental Health Crisis Services/Crisis de Salud Mental</b>  |                       |
| 24 hours and walk-ins/Disponibile 24 horas sin cita.   |                       |
| 212 Carmen Lane, Santa Maria, 18 and older   | <b>805.739.8700</b>   |
| 500 Foster Road, Santa Maria, 18 and older   | <b>805.934.6380</b>   |
| Access toll free for CARES   | <b>1.888.868.1649</b> |
| <b>Department of Child Support Services</b>  |                       |
| 201 Miller Street, #206, Santa Maria   | <b>1.866.901.3212</b> |
| <b>Domestic Violence Solutions/ Violencia Doméstica</b>  |                       |
| 24 hour hotline/Línea telefónica de 24 horas   | <b>805.925.2160</b>   |
| <b>Rape Crisis Center/Centro Contra la Violación Sexual</b>  |                       |
| 24 hour hotline/Línea telefónica de 24 horas   | <b>805.928.3554</b>   |
| <b>SAFTY (Safe Alternatives to Treating Youth)</b>   |                       |
| 24 hour hotline for youth in crisis, up to age 21/<br>Línea telefónica las 24 horas para jóvenes en crisis, a 21 años. | <b>1.888.334.2777</b> |
| <b>Victim Witness/Asistencia a las Víctimas</b>  |                       |
| 312 Cook Street, #D, Santa Maria   | <b>805.346.7529</b>   |
| <b>Legal Aid Foundation/Asistencia Legal</b>   |                       |
| 301 Miller Street, Santa Maria   | <b>805.922.9909</b>   |

## Counseling/Consejería

### **CALM**

210 E. Enos Drive, Suite A, Santa Maria

**805.614.9160**

*Great Beginnings Home Visits*, for children 0-5 years/

*Programa de Gran Principios*, visitas en el hogar para niños 0-5 años.

Also offers Prevention and Early Intervention (PEI), Child Parent Program (CPP), SafeCare, Postpartum Therapeutic Support, Front Porch, Domestic Violence Treatment Program, Children Sexual Abuse Treatment (CSAT) and Welcome Every Baby (WEB) services.

### **Care Net**

Free parenting classes/Clases de crianza gratis.

201 S Miller Street, Suite 101, Santa Maria

**805.928.9285**

### **Family Service Agency dba**

#### **Santa Maria Valley Youth and Family Center**

105 N. Lincoln Street, Santa Maria

**805.928.1707**

## Food and Clothing/Alimentos y Ropa

### **Catholic Charities**

Lunes-Viernes, 9-12PM and 1-4PM or Sábado, 9-1PM

607 West Main Street, Santa Maria

**805.922.2059**

### **Marian New Life**

Marian Community Clinic

117 Bunny Avenue, Santa Maria

**805.739.3896**

### **Rescue Mission Food Pantry/Dispensa de Alimentos**

**805.614.0220**

Lunes 5PM: Foursquare Church, 709 North Curryer St, Santa Maria

Miércoles 12PM: Rescue Mission, 1207 North McClelland, Santa Maria

Jueves 6PM: Lemos Feed Parking Lot, 525 South Broadway, Santa Maria

Viernes 5PM: Power of God Church, 1503 North McClelland, Santa Maria

### **Salvation Army**

Free lunch/Lonche gratis, Mon-Sat/Lunes-Sábado 12-12:30PM

200 Cook Street, Santa Maria

**805.349.2421**

### **WIC**

**805.346.8450**

### **Lactation Consultant/Consultora de Lactancia**

**805.346.8452**

## Newborn Home Visitation

|   |                          |
|---|--------------------------|
| <b>County of SB, Maternal Child and Adolescent Health</b>                   | <b>800.288.8145</b>      |
| <b>Marian – Dignity Health Home Health</b>                                  | <b>805.739.3830</b>      |
| <b>New Parent Support Program (for Tricare Military Beneficiaries only)</b> | <b>805.606.8217/3166</b> |
| <b>WEB Welcome Every Baby/Bienvenida a todos los Bebés</b>                  | <b>805.922.5459</b>      |

## Transportation

|                                   |                     |
|-----------------------------------|---------------------|
| <b>Regional Transit Authority</b> | <b>805.781.4472</b> |
| <b>SMAT Bus/Autobús</b>           | <b>805.928.5624</b> |
| <b>Smooth</b>                     | <b>805.922.8476</b> |

## Drug and Alcohol Treatment/ Tratamiento para el abuso de Drogas y Alcohol

|  |                       |
|--|-----------------------|
| <b>AA (Alcoholics Anonymous)</b>                                       | <b>805.925.3782</b>   |
| <b>Dejar de Fumar</b>  | <b>1.800.456.6386</b> |
| <b>NA (Narcotics Anonymous)</b>  | <b>1.818.773.9999</b> |
| <b>Recovery Point</b>  | <b>805.346.8185</b>   |
| <b>Tobacco Cessation</b>   | <b>1.800.662.8887</b> |
| <b>Transitional Center and Project PREMIE</b>                          |                       |
| Perinatal recovery effort through maternal intervention and education. | <b>805.925.0315</b>   |

## Education/Educación

|  |                                   |
|--|-----------------------------------|
| <b>Allan Hancock College</b>                 |                                   |
| Community Education, ESL, Parent Education   | <b>805.922.6966 ext 3209/3492</b> |
| <b>Boys and Girls Club</b>                   |                                   |
| 901 North Railroad, Santa Maria              | <b>805.922.7163</b>               |
| 4691 11th Street, Guadalupe                  | <b>805.343.7813</b>               |
| <b>City of Santa Maria Public Library</b>    |                                   |
| 421 South McClelland Street, Santa Maria     | <b>805.925.0994</b>               |
| Free ESL classes/Clases de inglés gratuitas. | <b>805.922.6966 ext 3299/3740</b> |

**College for Kids/La Universidad para los niños** 805.922.6966 ext 3209

**County Self-Sufficiency Services/CalWorks**

Mon-Fri/Lunes a Viernes, 8-4PM

1444 South Broadway, Santa Maria 805.614.1300

**Dignity Health Parenting Support Group: 'Cambio de la vida con un bebé'**

(Mixtec interpreter available)

Ultimo Viernes de cada mes 6PM, Marian Hospital, Education Department 805.739.3398

**Fighting Back Santa Maria Valley**

Parent Education

201 South Miller, Suite 208, Santa Maria 805.346.1774

**Headstart CAC/Educación Infantil y Preescolar**

6 weeks-5 years/6 semanas a 5 años.

201 West Chapel Street, Santa Maria 805.922.2243

**Santa Maria Bonita School District**

708 Miller Street, Santa Maria

805.928.1783

**Medi-Cal, Food Stamps/**

**Medi-Cal, Estampas de Comida y Ayuda Monetaria**

**Benefit Service Center**

1.866.404.4007

**Birth Certificate/Certificados de Nacimiento**

After 6 weeks/Después de 6 semanas.

Cashier/Cajera Mon-Fri/Lunes-Viernes.

511 Lakeside Parkway, Santa Maria 805.346.8370

**CenCal Health/Grupo Holman**

1.877.814.1861

**Centro Binacional Oaxaqueno**

Lunes-Jueves, 10-2PM

204 West Main Street, Ste D, Santa Maria 805.925.5262

**Centro de Servicio de los Beneficios**

1.844.289.4682

|  |                       |
|--|-----------------------|
| <b>Department of Social Services/Servicios Sociales</b><br>2125 South Centerpointe Parkway, Santa Maria  | <b>805.346.7135</b>   |
| <b>Disability</b>  | <b>1.800.480.3287</b> |
| <b>Discapacidad</b>  | <b>1.866.658.8846</b> |
| <b>Healthy Start Family Resource Center</b><br><b>Application Assistance/Asistencia para aplicaciones</b><br>648 East Enos Street, Santa Maria | <b>805.928.4150</b>   |
| <b>Little House by the Park</b><br>4681 11th Street, Guadalupe   | <b>805.343.7794</b>   |
| <b>Social Security/Seguridad Social</b><br>2436 Professional Parkway, Santa Maria  | <b>1.800.772.1213</b> |

## Special Needs/ Servicios de Desarrollo Necesidades Especiales

|   |  |
|---|--|
| <b>Alpha Resource Center</b><br>Support and information for families of children with developmental disabilities of all ages, teen and adult recreation, and life skills training for adults.   | <b>805.347.2775</b><br><b>1.877.414.6227</b> |
| <b>California Children's Services</b>   | <b>805.681.5360</b>                          |
| <b>CHDP, Immunizations/Vacunas</b>  | <b>805.346.8414</b>                          |
| <b>Child Welfare Services/Reporte de Abuso Infantil</b>   | <b>1.800.367.0166</b>                        |
| <b>Family Resource Center (Support Services)</b><br>648 East Enos Street, Santa Maria   | <b>805.928.4150</b>                          |
| <b>Hometown Pharmacy</b> (inside Vallarta)<br>1482 South Broadway, Santa Maria  | <b>805.922.6515</b>                          |
| <b>Pregnancy Health Info Line/Línea de Información sobre Salud del Embarazo</b><br>For your questions about exposure to drugs, pesticides and infections/<br>Para las preguntas sobre la exposicion a drogas, pesticidas e infecciones. | <b>1.800.532.3749</b>                        |
| <b>Public Health Department</b><br>2115 Centerpointe Parkway, Santa Maria   | <b>805.346.7230</b>                          |
| <b>St. Vincent's</b><br>Family Strengthening Program  | <b>805.683.9381</b>                          |

**Tri-Counties Regional Center/Tres Condados** 805.922.4640

## County Clinics

**Family Practice/Clinicas de la Comunidad** 805.346.7230

**Prenatal and Postpartum Services/  
Servicios de Embarazo y Postparto** 805.739.8411

**Women & Infants' Mobile Health Clinic** 805.756.5089  
Santa Maria/Guadalupe locations

## Dentists Who Take Medi-Cal

### CHC

Children/niños

1414 South Miller Street #8 , Santa Maria 805.345.3702

Adults/adultos

210 North Broadway, Santa Maria 805.347.1171

### CHC Dental Office

150 Tejas Place, Nipomo 805.929.3254

### Coast Dental Services

1304 Miller Street, Santa Maria 805.925.6229

### Dentistry for Children

1430 East Main Street, Suite 203, Santa Maria 805.922.3530

### Friendly Smiles

2528 South Broadway, Suite C, Santa Maria 805.928.6776

### Guadalupe Dentistry

4723 West Main Street, Suite C, Guadalupe 805.343.9500

### Steve Hutcherson, DDS

Dental surgery

1414 Miller Street, Suite J, Santa Maria 805.922.9626

### Jesse Kim, DDS/Plum Tree Dental Practice

1774 South Broadway, Santa Maria 805.928.5400

### Ion Naumescu, DDS

1414 Miller Street, Suite N, Santa Maria 805.928.3780

**Bing Qiao, DDS**

1414 Miller Street, Suite S, Santa Maria

**805.925.6229****Shepard CHC Surgical Center**

General sedation cases only

1418 East Main Street, Suite 110, Santa Maria

**805.614.9500****Sunrise Dental**

1414 Miller Street, Suite G, Santa Maria

**805.739.2716****Yat Tang, DDS/Zen Dental**

2050 South Broadway, Suite E, Santa Maria

**805.349.8890****Western Dental Services**

2202 South Broadway, Santa Maria

**805.346.2130**

## Family Practices

**CHC**

430 Blosser Road, Santa Maria

**805.361.8900**

4581 10th Street, Suite C, Guadalupe

**805.343.5577****Family Medicine Center**

1400 East Church Street, Santa Maria (Next to Marian Hospital)

**805.739.3561****Marian Community Clinic**

117 Bunny Avenue, Santa Maria

**805.739.3890**

4723 Main Street, Suite H, Guadalupe

**805.739.3890**

## Pediatricians/Pediatras

**CHC**

Laura Herzberg, MD

2801 Santa Maria Way, Suite A &amp; B, Santa Maria

**805.934.5405****CHC**

Richard Ripple, MD

Susan Bartolini, MD

1835 North Broadway, Santa Maria

**805.345-3701****CHC**

Niranjan Dass, MD

430 Blosser Road, Santa Maria

**805.361.8900**



**Robert Barry, MD and John MacLean, MD**

1420 Miller Street, Suite A, Santa Maria

**805.922.3573**

**Family Medicine Center**

1400 East Church Street, Santa Maria (next to Marian)

**805.739.3561**

**Jeffrey Kaplan, MD Inc.**

301 Miller Street, Suite 204, Santa Maria

**805.354.5200**

**Liong Lau, MD**

1505 Sheppard Drive, Suite 202, Santa Maria

**805.739.1023**

**Pediatric Medical Group**

George Robertson, MD

Joseph Nunez, MD

David Ikola, MD

Shane Rostermundt, MD

Michelle Kielty, MD

1430 East Main Street, Suite 201, Santa Maria

**805.922.3548**

**Barbara Ramirez, NP**

1420 Miller Street, Suite B, Santa Maria

**805.614.7200**

**Peter Statti, MD**

1414 Miller Street, Suite 12, Santa Maria

**805.922.8311**

**Hilmat Tank, MD**

1505 Sheppard Drive, Suite 102, Santa Maria

**805.928.9300**